



PUBLISHED BY THE MOUNTAIN BREEZE STAFF

4th Quarter Real Estate taxes are due May 1st.



Grab a deal on a good book. The Book & Plant Sale is on May 20, 9 a.m. to 2 p.m. at the Little Red School House.

Montgomery Broadband Update

Following the recommendation of the Town's Broadband Advisor Committee, the Selectboard unanimously voted on April 7 to accept an offer from the Massachusetts Broadband Institute (MBI) and Comcast to design, build, operate, manage and maintain a broad band network service for the residents of Montgomery.

This broadband network will, with the help of MBI's 'Last Mile' funds, be built at no cost to Montgomery Taxpayers. Preliminary discussions with Comcast suggest a 2-year build-out, with construction planned to begin later this year.

Television, telephone as well as bundled services will be offered. Details and developments will be posted here in the Mountain Breeze as they become available.

Please turn to page 4 to see the internet options Comcast will be offering.

Board, Committee and Commission Members Needed

A number of boards and committees are seeking members, all offering a means to help shape Montgomery's future. We urge residents to take part in the development and management of our Town.

- **The Finance Committee** serves as the Town's official fiscal watchdog. Its primary responsibility is to advise and make recommendations to Town Meeting on the budget and other areas with financial implications. They also administer a Reserve Fund that is established each year to address shortcoming in the various Town budgets.
- **The Planning Board** provides for and guides the orderly growth and development of the community. This is accomplished primarily through the Zoning Bylaw and the Planning Board's Rules and Regulations Governing Subdivision of Land. The purpose is to ensure the public safety, interest and welfare of the residents of the Town. The Board meets monthly or as needed to discuss or address

Please turn to page 4.

Memorial Day Service & Parade in for May 29th at noon at the Town Center.

“However difficult life may seem, there is always something you can do and succeed at.”

Stephen Hawking

Important numbers

FIRE EMERGENCY 911
AMBULANCE 911
STATE POLICE 911
HIGHWAY DEPARTMENT 862-4037
GATEWAY HIGH SCHOOL 685-1102
GATEWAY MIDDLE SCHOOL 685-1202
GMS ATTENDANCE 685-1201
LITTLEVILLE ELEMENTARY 685-1301
TOWN HALL OFFICE 862-3386
FIRE DEPT 862-4505
FIRE CHIEF - STEVE FRYE 862-3670
TOWN CLERK - JUDY MURPHY 862-4478
POLICE DEPT 862-4545
ADMINISTRATIVE POLICE CHIEF -
PAULA CHAPMAN 862-4949
TAX COLLECTOR - JANE THIELEN 862-3386
ANIMAL CONTROL OFFICER -
PHIL CAMP 862-4976

SELECT BOARD:
DAN JACQUES 862-9001
WAYNE MORSE 862-4023
RANDY AUSTIN 862-4004
Meetings for the Select Board are held at
7:00 p.m. every other Friday.

SCHOOL COMMITTEE:
MADELYN AUSTIN 862-4004
mrrrr@verizon.net

LIBRARY:
LIBRARIAN - PAULA LONG 862-3894
montgomerylibrary@yahoo.com
HOURS: Tuesday 10:00 a.m.-5:30 p.m. •
Thursday 4:00 p.m.-8:00 p.m. * Saturday 9:30
a.m.-12:30 p.m.

BOARD OF ASSESSORS:
Meetings of the Board of Assessors are held
on the 1st & 3rd Wednesday of each month
from 8:00 p.m.-9:30 p.m. Please call 862-3386
for an appointment. Assessors' Clerk
hours 1st & 3rd Wednesdays of each month
from Noon - 4 PM

State Senator Don Humason:
64 Noble St., Westfield, MA 01085
(413) 568-1366
Donald.Humason@masenate.gov

State Representative Peter V. Kocot:
Rep.PeterKocot@hou.state.ma.us
(413) 582-6111

MOUNTAIN BREEZE STAFF

Editor: T.Lak 413-237-2818
Helen Allyn * Chris Brown * Laurie Flechsig * Beu-
lah Kidrick * Paula Long * Julie Pike * Jane Thielen *
montgomerymtbreeze@gmail.com

montgomerymtbreeze@gmail.com

May Calendar

May 2 Recycling day
May 3 6:30 pm – Yoga – Town Hall
May 4 6:30 pm – 7:45 pm – Police Chief Office Hours – Town Hall
May 5 9:30 –11:00 am – Osteoporosis Exercise – Town Hall
May 5 7:00 pm – Select board Meeting –Town Hall
May 9 10:00 am – COA Coffee Hour – Town Hall
May 10 6:30 pm – Yoga – Town Hall
May 12 9:30 –11:00 am – Osteoporosis Exercise – Town Hall
May 16 Recycling day
May 17 6:30 pm – Yoga – Town Hall
May 18 6:30 pm – 7:45 pm – Police Chief Office Hours – Town Hall
May 19 9:30 –11:00 am – Osteoporosis Exercise – Town Hall
May 19 7:00 pm – Select board Meeting –Town Hall
May 20 9:00 am – 2:00 pm – Book and Plant Sale –Red Schoohouse
May 23 10:00 am – COA Coffee Hour – Town Hall
May 24 6:30 pm – Yoga – Town Hall
May 26 9:30 –11:00 am – Osteoporosis Exercise – Town Hall
May 31 6:30 pm – Yoga – Town Hall

Condolences

To Terry, Aaron and Josh Hall, and the rest of their family,
on the loss of wife and mother Susan Hall on April 2 at
home.

To the family of Natalie Birrell of Huntington, a long-
time Montgomery resident, who passed away April 4 in
Northampton.

MOUNTAIN BREEZE AD POLICY

Montgomery resident ads: \$3.50 for ¼ page, \$7.00 for ½ page, \$10.50 for ¾
page and \$14.00 for a full page.

Non-resident ads: \$5.00 for ¼ page, \$10.00 for ½ page, \$15.00 for ¾ page
and \$20.00 for a full page.

Political ads: \$15.00 for ½ page and \$30.00 for a full page. (Political ads
must include the name of the payer.)

Ads: email (preferably pdf file) to montgomerymtbreeze@gmail.com, put
in the MB box at the Library, or mail to: **Montgomery Mountain Breeze,**
c/o Grace Hall Memorial Library, 161 Main Road, Montgomery, MA
01085-9525. Include your name and phone number. Payment must be re-
ceived by deadline date (usually on the 16th of the month) or ad will not
be run. No cash, please; make check payable to Montgomery Mountain
Breeze and put in the MB box at the Library, or mail to above address.

May 2017

The Grille is *the place* to meet your neighbors!

Announcing the
COUNTRY
Picnic Platter

Spring is here and the weather is getting nicer and what better way to welcome the new season than to get a jump on summer. Scott at the

Grille has put together a picnic classic! A hamburger, hot dog and scoop of homemade side salads. Served on a plastic plate with plastic utensils!

You'll think it's 80 degrees out when you dig into this feast!



Montgomery Grille
NEW HOURS:

Wednesday, Thursday, Friday:
5:30 am to 2:30 pm

Saturday and Sunday:
6:00 am to 2:30 pm
Lunch starts 11:00 am

Montgomery
Grille

AT THE MONTGOMERY MARKETPLACE

She's still here! You can still see Irene providing great service at the Grille on Saturdays.

46 Main Rd, Montgomery, MA
862- (FOOD) 3663

NEW HOURS: 6:00 a.m. to 2:30 p.m.

Closed Mondays & Tuesdays

Not to early to consider water conservation

Although we have had some rain lately, we still should be conservative with our use of water in our gardens. Those of use with well water try not to "waste" water because we know it is a precious commodity. The following are water conservation ideas:

- Frequently remove dead or dying plants and all weeds that compete for available water.
- Apply fertilizers or pesticides at minimal levels, timed to specific needs of the plants.
- Cultivate planting beds periodically to decrease compaction and improve infiltration of water, air and

GardenNews

by Chris Brown



nutrients into root zones. Mulch flower and garden areas, as well as trees and shrubs.

- "Harvest" water from rainfall with a rain barrel at your downspout.
- Repair water leaks as soon as detected (this includes leaking hose couplings).
- Water landscape plants only when necessary according to needs of each plant type.
- Water early in the AM when temperatures and winds are at their lowest levels to reduce evaporation.
- Water all plants deeply but infrequently to encourage deeper healthier rooting.

SWEDISH MEATBALLS

1 Tbsp. butter	1 pound lean ground beef	1 Tbsp. finely chopped parsley(optional)
4 Tbsp. finely chopped onion	1 Tbsp. flour	2 Tbsp. vegetable oil / 1 tsp. salt
1 large potato, cooked & mashed (1 cup)	1 egg	2 Tbsp. butter
3 Tbsp. fine dry breadcrumbs	1/3 cup heavy cream	3/4 cup light or heavy cream

In a small frying pan, melt 1 Tbsp. butter. Add onion and cook 5 minutes until soft. In large bowl, combine onions, mashed potato, bread crumbs, meat, cream, salt, egg, and optional parsley. Knead vigorously with both hands or beat with wooden spoon until all ingredients are well blended. Shape into small 1 in. balls. Arrange balls in one layer on baking sheet and refrigerate for at least one hour. Over high heat, melt 2 Tbsp. butter and 2 Tbsp. oil. Add meatballs 8 to 10 at a time, shaking pan to roll balls in fat to help keep their shape. In 8 to 10 minutes, meatballs should be brown outside and no trace of pink inside. Keep batch warm until you finish remainder of meatballs. If served as a main course, make a sauce with the pan drippings. In the pan with all the fat poured off, stir in 1 Tbsp. flour. Quickly add 3/4 cup of cream, stirring constantly. Serve over meatballs with noodles or potatoes.

This is a repeat from April 2008. Chris Brown

MAY RECIPE

• Montgomery Broadband Update

Continued from page 1

XFINITY Internet

Internet options Comcast will be offering.

<u>XFINITY Internet</u>	<u>Download/Upload</u>	<u>Pricing (Multi/Stand</u>
<u>Tier</u>	<u>Speed</u>	<u>Alone)</u>
Internet Essentials	10M / 1M	\$9.95
Performance Starter	10M / 2M	\$49.95
Performance	25M / 5M	\$61.95 / \$74.95
Performance Pro	100M / 5M	\$71.95 / \$84.95
Blast	200M / 10M	\$74.95 / \$87.95
Gigabit Pro*	2G / 2G	\$299.95

*Not available in all areas. May require installation and non-refundable installation charge.

*Requires 3 year contract, Cienna 3931 modem and Netgear router additional. Activation and professional installation fees additional. Does not qualify for Comcast 30-day money back guarantee.

• Board, Committee

Continued from page 1

regulations to ensure that the Town's Zoning and General By-Laws best serve its residents and the community as a whole. The Committee meets monthly or as needed to discuss or address specific matters.

- **The Conservation Commission** works with residents and property owners to ensure the protection of our wetland resources. They also review all forest cutting plans within the Town and any project within the areas of protected rare/endangered species. Commission members act as a liaison between the public and other government agencies to protect our natural resources and to become resources for the Town's citizens. The Commission meets monthly and as needed to discuss or address specific matters.



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@ Rock Locks
174 Elm Street
Westfield, MA 01085
413-478-6253

Happy Mother's Day to all!

Irene – HAIR Ltd.

is now at **174 Elm Street** in Westfield, MA.,
at **Rock Locks** located at the corner of Franklin &
Elm Streets.

Your client loyalty is greatly appreciated. Stop by for a free
coffee or bottled water. Take a look around my new
location, it's a happy place!

EVERY DAY IS A HAPPY DAY!

We cater to all ages. Still same low prices.

For more information please call: 413-478-6253

Irene would like
all her clients to
know that she's
still in business as
HAIR Ltd. and not
affiliated with any
other salon in any
way. The only
difference is that
her location has
changed. Hope-
fully, this will clear
up any confusion
her clients may
have.
Thank you.

MHS field trip visits Sand Springs/Butterfield Hotel site

Your Montgomery Historical Society members and friends are grateful to all those who came out in support of the **annual Roast Pork Supper held April 22**. The meal was well-received, and all enjoyed the guest speaker, museum professional Dennis Picard, on "Maple Sugaring in New England." Attendance was lower than expected, which of course affects the "bottom line," and we would like to encourage everyone in the future to support these fund-raisers more "vigorously" so that we can continue to provide one or more annual scholarships for graduating Montgomery high school seniors. For the last several years, we have offered not only the one scholarship promised in the scholarship application (available through the guidance office at Gateway Regional High School whether the student is graduating from Gateway or another school), but we have added one or two more scholarships so that each of the applicants received at least some funding for their college education. We would like to continue to do this, but need the help of our townspeople supporting these dinners (April Roast Pork supper and October Chicken Pie Supper) as well as the Penny Social in March, in order to continue. Hope to see you at the fund-raiser in the fall – save the date: **Saturday, October 21!**

Our first "field trip" of this year will be a hike to **Montgomery's Sand Spring and the historic site of the former Butterfield Hotel on Saturday, May 13**. We'll meet at the radio tower on Pine Ridge Road at 9:30 a.m., walk to the hotel site and on to Sand Spring from there. If you know of others who are going, please try to carpool as there is limited parking off Pine Ridge Road. If you have any questions, please call Laurie @ 862-8095.

From a newspaper article of the time period introducing 'A NEW SUMMER HOTEL' in Montgomery, we have read about the hotel **that burned down before ever opening to the public**. The article's subtitle was, "What Springfield Has

Historical Happenings



Long Been Waiting and Wishing For – A. M. Butterfield's Solution of the Problem Where to go For Mountain Air and Pure Water – The Attractions Of Montgomery Mountain and its New Hotel" and speaks of city residents longing for a

place to escape from the heat of the valley during the summer. It later describes Sand Spring as a "living spring," a "curiosity of the region," and having "never-failing, cold and pure water." The above-mentioned article stated that it was planned to have the spring supply the hotel with water by means of a siphon pump.

The Historical Society's **potluck supper and annual meeting will be on Saturday, May 20 at 6:00 p.m.** at the Town Hall. **(Please note 6:00 start time.)** Those attending are asked to bring a favorite main dish or casserole, veggie dish or salad to share, and the Historical Society folks will provide the beverages and desserts (make-your-own ice cream sundaes)! Please also bring along your place settings and serving ware, as the "dishwashers" have the night off!

The evening will include an old-fashioned "Show and Tell" time. Everyone is invited to bring along something you'd like identified; something unique (and you can make others guess its identity); or something that you'd just like to share with others. One never knows what you can learn about your family treasure or artifact – or someone else's, and your "What-is-it?" may be a big hit for this "Show and Tell"! (Please call Laurie [862-8095] or Julie [862-4539] to let us know you're coming so we'll be sure we have enough dessert!)

As always, any interested persons are welcome to attend – there is no requirement to be a "paying member" of the Historical Society to participate in any event provided or hosted by the Society! (By the way, it's only \$4.00 yearly or \$6.00 per family if you would care to join on a more formal basis!)

The Historical Society's display case at the Grace Hall Memorial Library has an exhibit of cobalt blue and other blue glass loaned by one of our members, Joyce Chapman Dupelle. It will remain in place until the end of April or soon after, so be sure to stop in at the library, borrow a good book or other media, and check it out before it goes "bye-bye." Next up will be a display of Willow Tree Angels and other collectibles loaned by one of our Historical Society members. Hope you're enjoying these exhibits!

Future exhibits are in the planning, and we continue to encourage all of our Montgomery residents and "neighbors" to participate by loaning your collections or other interesting items for exhibit in the display case. Please contact Laurie at the above number if you can offer display items or collections that are meaningful to you and could be enjoyed by others. Thanks!



MAY BIRTHDAYS:

Beverly Ann Allard
Jeff Brown
Ellen Couture
Jamie Ellis

Christina Harris
Jillianne Jacques
Cheryl Masciadrelli
Kolleen Morrissey
Kyle Morrissey
Erin Pease

Nancy Peckham
Linda Smith
Carol Stevens
Matthew Warren

MAY ANNIVERSARIES

Judy & Bob Dowd
Paula & Dwayne Long

Dog license(s) 2016-2017 info

DOG LICENSES: The 2017-2018 dog licenses are in. Your current dog license(s) has expired at the end of March. The cost of the license is \$6.00 if neutered and \$10.00 if un-neutered. A kennel license is required for anyone having more than four dogs. The cost is \$25.00 for the license plus \$5.00 for each neutered and \$6.00 for each un-neutered dogs. If you prefer to do it by mail you can include a copy of this form, if you have more than one dog photocopy the form. I will need to have a copy of the current rabies certificate, along with a check made out to the Town on Montgomery. **MAKE SURE YOU INCLUDE A SELF ADDRESSED STAMPED ENVELOPE** or the license will not get mailed back to you. You may also call the Town Clerk to obtain a license in person. Forms are on the front table in the Town Hall and can be filled out there and dropped off. .

The Town by-laws require ALL dogs be licensed by July 1st of current year or you will be fined a late fee of \$25.00 per dog, along with the license fee. All dogs three months or older, even inside dogs MUST be licensed. Call 862-4478 for more info.

Judy Murphy, Town Clerk,
58 North Rd, Montgomery, MA 01085



ANIMAL LICENSE		NO.	
Town of Montgomery			
THIS CERTIFIES that _____, the undersigned,			
Is the owner or keeper of an animal kept at _____			
Telephone: _____			
and described as follows: NAME _____ AGE _____ YRS _____ MOS _____			
SEX _____ PROMINENT BREED _____ SPECIES Dog			
COLOR _____			
SIZE _____ SEX _____ MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>			
SMALL <input type="checkbox"/> MEDIUM <input type="checkbox"/> LARGE <input type="checkbox"/> NEUTERED <input type="checkbox"/>			
Further Details _____			
and is the animal described in _____			
RABIES VACCINATION CERTIFICATE NO. _____			
Dated _____, 20____			
Signature of Owner or Keeper _____			
In reliance on the above certificate and the payment fee of \$ _____			
the animal above described is licensed for the period ending 4 / 1 / 20 17			
Dated _____, 20____		Town Clerk _____	



Outside the bird feeder with Lori Conley

American Woodcock

A family on Montgomery Road reports that an American Woodcock returns every year in the springtime and puts on it's show in their yard at dusk. He has returned again this year.

The male woodcock's evening display flights are one of the magical natural sights of springtime in the East. On spring nights, males perform very conspicuous displays, giving a buzzy peent call, then launching into the air. Their erratic display flight includes a distinctive, twittering flight sound and ends with a steep dive back to the ground. He gives buzzy peent calls from a display area on the ground, then flies upward in a wide spiral. As he gets higher, his wings start to twitter. At a height of 200-350 feet the twittering becomes intermittent, and the bird starts to descend. He zigzags down, chirping as he goes, then lands silently (near a female, if she is present).

Once on the ground, he resumes peenting and the display starts over again. Some males display at several singing grounds and mate with multiple females. The female often visits four or more singing grounds before nesting, and she may keep up these visits even while she cares for her young. The female makes a shallow depression in the leaf and twig litter, about 5 inches across and 1.5 inches deep. In some cases she lays eggs without hollowing out a nest bowl. The male gives no parental care, and continues to display long after most females have laid eggs.

Young woodcocks leave the nest a few hours after hatching, but for their first week they depend on their mother for food. They start to probe in dirt at three or four days after hatching.

They are superbly camouflaged in light brown, black, buff, and gray-brown tones. The face is buffy, the crown blackish. They are light gray across the neck and back, with dark-and-light patterned shoulders and brown wings. The underparts are buffy to almost orange. Their large eyes are positioned high and near the back of their skull. This arrangement lets them keep watch for danger in the sky while they have their heads down probing in the soil for food.

The bird walks slowly and sometimes rocks its body back and forth, stepping heavily with its front foot. This action may make worms move around in the soil, increasing their detectability.

Woodcocks nest in young, shrubby, deciduous forests, old fields, and mixed forest-agricultural-urban areas across the eastern United States and southern Canada. The woodcock is also known as the timberdoodle, Labrador twister, night partridge, and bog sucker.

The oldest American Woodcock on record was 11 years, 4 months old.

Look for American Woodcock in forests, forest edges, old fields, and wet meadows of eastern North America.

Information from the All About Birds, Cornell Lab of Ornithology

"Why pay more for less,
our customers deserve
the very best"



"Hello, I'm Doug Menard a long time Montgomery resident and owner, operator of Menard Garage Doors. I am reaching out to my neighbors and surrounding towns to offer my services of garage door sales, installation and repairs."

"Our goal is to exceed our customers expectations of quality, products and service. We believe that you would want to be treated the way we would want to be treated with fairness, honesty and respect. Why pay more for less, our customers deserve the very best value...
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Selection."

BEFORE AND AFTER



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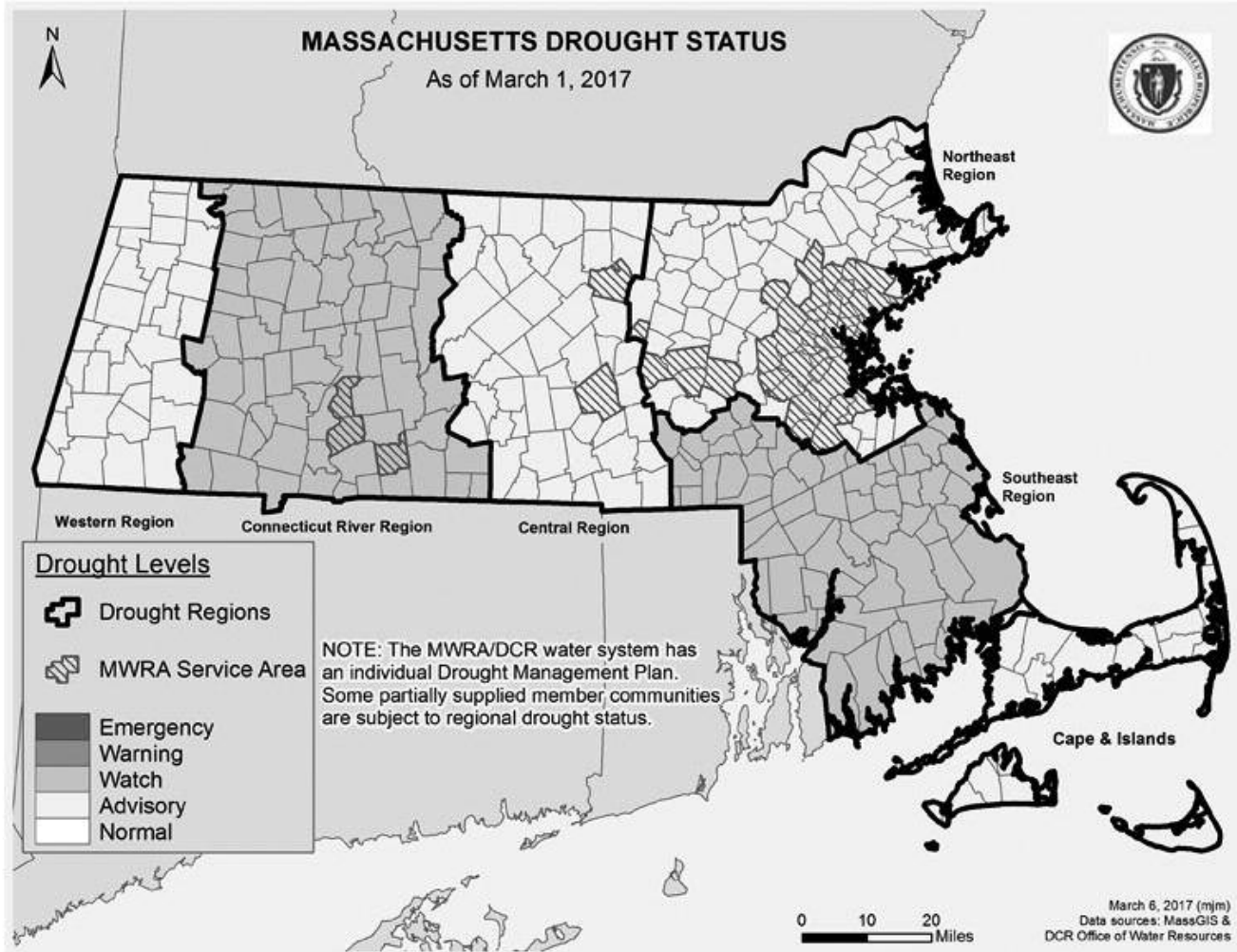
Not out of the woods yet, drought summary as of April 2017

For Massachusetts

Effective April 1, 2017 – While the month of March started to see higher levels of precipitation across the Commonwealth, a majority of the state continues to experience a water deficit. As a result, Energy and Environmental Affairs (EEA) Secretary Matthew Beaton today declared the following drought levels throughout the Commonwealth: a

Drought Advisory for the Connecticut River Valley, Central, Northeast, Southeast Regions as well as the Cape and Islands; down from a Drought Watch for the Connecticut River Valley and Southeast Region in the month of March, and unchanged for the Central and Northeast Regions and the Cape and Islands. Additionally, Secretary Beaton declared Normal Conditions for the Western Re-

gion, down from a Drought Advisory in the month of March. The declarations were the result of a recommendation issued from a recent meeting of the Drought Management Task Force, comprised of state and federal officials, and other entities, and will remain in effect until water levels return to normal in the affected regions.



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Memorial Day Orators needed

MEMORIAL DAY- May 29, 2017 - IS JUST AROUND THE CORNER!

This year the town will not have the Marching Band, but other musical arrangements are being made for the services & parade, which will start at NOON at the Town Center.

I am looking for 2-3 brave student volunteers to read historical pieces. For years the readings have been – Flanders Field and the Gettysburg Address – if anyone has any suggestions for others, call me, I'm very open to suggestions.

Any questions please call me – Paula Chapman 862-4949.

Get the Breeze days before the start of the month with e-mail delivery!!! Sign up with your e-mail address at:

montgomerymt-breeze@gmail.com

		<p>facebook.com/ gracehallmemorial</p> <hr/> <p>May 2017</p>
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In the spring I have counted one hundred and thirty-six different kinds of weather inside of four and twenty hours.
~Mark Twain

BOOK & PLANT Sale

NEW date of May 20

Stop by to our annual spring sale of Books & plants at the Little Red School house. We will be taking book donations at the library till May 15 and Plant donations the morning of the sale. If the date of the sale changes it will be posted outside the library and on our Facebook page.



eBook Update:

The new Axis 360 app provides Apple, Android and Windows Desktop users the ability to discover, download and read ebooks or listen to digital audiobooks, within a single application.

Axis 360 app users will enjoy increased functionality and ease-of-use, with one-stop access to digital content from [Grace Hall Memorial Library](#). The new app provides single sign on, eliminating the need for Adobe IDs, additional apps and credentials. Users link to their home library, search or browse their favorite topics and enjoy reading or listening within the Axis 360 app. Axis 360 also presents recommendations from the library's collection, based on the user's selection.

Users will no longer need to have Acoustik, Blio or axisReader apps to experience digital audiobooks or ebooks, as all titles will now open directly in the new Axis 360 application. Users will also have access to their bookshelf of borrowed material – "My Stuff" – seamlessly from all their devices – desktop, tablets and smartphones.

To download the new app and learn about Axis 360 please visit <http://www.montgomeryma.gov/library/>

Trustees Meeting
June 8 at 6:30 PM

Museum Passes

Old Sturbridge Village
Springfield Quad
Norman Rockwell
Mystic Aquarium
Deerfield Historical Mu-
USS Constitution
DCR State Park Pass
MassMoCa

Hours

Tues: 10– 5:30
Thurs: 4-8
Sat: 9:30-12:30

Contact

Mail

161 Main Road, Montgomery, MA 01085

Phone

413-862-3894

email

Montgomerylibrary@yahoo.com

Website

montgomeryma.gov
wghl.masscat.org
[facebook.com / gracehallmemorial](http://facebook.com/gracehallmemorial)

Summer Reading Program will be posted NEXT MONTH!

COUNCIL ON AGING

Serving the Citizens of Montgomery
May 2017

Calendar

Tue – May 9 Coffee Hour – 10 a.m.

Tue – May 23 Coffee Hour – 10 a.m.

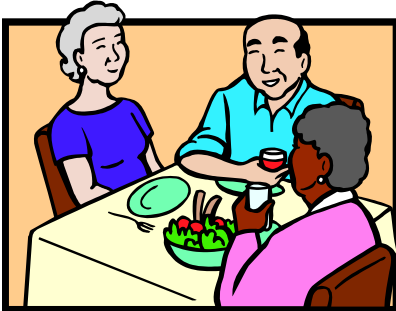
Osteoporosis Exercise Class

Town Hall – Friday – 9:30 – 11am

Birthdays

Gunarts Jansons Ellen Shaw
Mae Kenyon

The Huntington Lions Club Annual Senior Appreciation Luncheon



Place – VFW in Russell

Date – May 20, 2017

Time: 11:30 – 1:00

Please call 862-3257

Deadline is May 12th

Please only seniors 60 years or older



Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

The Huntington C.O.A. will be sponsoring a trip to Captain Jack's Lobster Bake and Foxwoods Resort Casino on Thursday, June 22, 2017.

Tour Cost:

\$40.00 Huntington Seniors & Veterans
\$74.00 Per Person (Others)

Tour Includes:

Captain Jack's Lobster Bake
Foxwood Resort Casino Bonus
Luxury Silver Fox CD/DVD/WiFi Motor Coach

For Reservations, please contact:

Helen @ 413-667-3500

Anna @ 413-667-3141

Meals On Wheels – Highland Valley Elder Services – Donation requested 800-322-0551 or 413-586-2000

Shine Counselor – John Bergeron – 667-2203

Veteran's Agent – Daniel Flechsig – 862-8095

Outreach – Ginger Cruickshank – 862-4932

May is National Blood Pressure Education Month

Sponsored by the CDC, a US government health organization, National High Blood Pressure Education Month raises awareness about the impact high blood pressure can have on health.

Written as two figures, blood pressure is measured as the pressure when the heart has pumped (systolic) and when the heart is in between beats (diastolic).

When the heart pumps blood, blood pressure is higher than when it is in between beats. The systolic measurement will be higher than the diastolic measurement.

Also, known as hypertension, high blood pressure increases the risk of serious diseases and conditions such as heart disease and stroke. In the US, heart disease is the most common form of death whilst stroke is the third leading cause. Other risk factors of high blood pressure include congestive heart failure & kidney disease.

In the US, approximately 1 in 3 adults has high blood pressure, however most people are not aware they have this condition due to a lack of signs or symptoms.

Lifestyle changes which can help reduce blood pressure, include maintaining a healthy body weight, regular exercise, quitting smoking and following a healthy low sodium diet rich in fruit and vegetables. There are many affordable blood pressure monitors available for the consumer making it convenient to monitor your blood pressure at home.

What is a MOON?

For people with Medicare, **MOON** has a new meaning: “**Medicare Outpatient Observation Notice**”. This newly required notice must be given to some patients who have been admitted to a hospital for “observation”. Hospitals are increasingly admitting patients under observation status.

You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an “inpatient”. If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare coverage.

For example, if you have Original Medicare, with or without a Medigap plan, an inpatient hospital stay of at least three days is needed to get any coverage for skilled nursing facility (SNF) care. If you are under observation, you would not get any follow up SNF coverage paid for, even if it is medically necessary. However, if you are in a Medicare Advantage plan or your doctor is in an Accountable Care Organization, the rules are different and the three-day requirement may be waived.

For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say **3**. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

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Outreach Worker: Ginger Cruickshank 862-4932
Council Members are: Anne-Marie Buikus 862-3257, Jane Thielen 862-4482, Sandy Haas 862-3829
Jeanne Aras 862-4497, Jean Bush 862-3645, Geraldine Larrabee 862-3884
Email: COA-Montgomeryma@hotmail.com